

Disney Packing List for Every Season

Pack smart, save money, and never get caught unprepared

The Non-Negotiables (Every Season)

- Comfortable walking shoes you will walk 8-12 miles per day, no exceptions
- Refillable water bottle free ice water at any quick-service counter saves \$4.6/day
- Portable phone charger / power bank your phone is your ticket, map, and camera
- Sunscreen SPF 50+ Disney sells it for \$20+; bring your own
- Small backpack or fanny pack keep hands free on rides
- Snacks from home granola bars, trail mix, fruit pouches for kids
- Rain poncho (compact) Disney ponchos cost \$12; Amazon ponchos cost \$2
- Hand sanitizer and small first aid kit blisters happen
- Autograph book and Sharpie if you plan to meet characters
- Printed or downloaded park maps app can lag on crowded days

Summer (June August)

- Cooling towel soak in water fountains for instant relief
- Extra socks (2 pairs per day) wet feet from splash rides are miserable
- Lightweight moisture-wicking shirts cotton holds sweat and chafes
- Small handheld fan or misting fan game changer in Florida heat
- Electrolyte packets heat exhaustion is real, especially with kids
- Hat with a brim shade is precious when it's 95°F
- Swimsuit if staying at a Disney resort pool time is free and refreshing

Fall (September November)

- Light jacket for evenings temperatures drop fast after sunset in October
- Halloween or holiday outfit if visiting during Mickey's Not-So-Scary
- Layers mornings can be 65°F, afternoons 85°F in September
- Umbrella or compact rain poncho fall is still rainy season through October

Winter (December February)

- Warm layers Florida winters can dip to 40°F at night, especially in January
- Gloves and a hat the parks stay open in cold weather and lines move slower
- Holiday outfit if visiting during Mickey's Very Merry Christmas Party